Can CBD oil help anxiety?

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Cannabidiol is a compound derived from cannabis plants. It may help people with anxiety reduce their symptoms with few or no side effects.

Research on cannabidiol oil (CBD oil) is still in its infancy, but there is mounting evidence to suggest that some people can get relief from anxiety. In this article, we examine what CBD oil is and how it may help reduce anxiety symptoms.

What is CBD oil?

CBD oil is extracted from the cannabis plant, and contains chemicals known as cannabinoids. These may bind to receptors in the brain to help relieve symptoms of pain.

Cannabidiol is extracted from cannabis plants and can be used as an oil. CBD oil is rich in chemicals called cannabinoids that bind to specialized receptors in the brain. The best-known cannabinoid is tetrahydrocannabinol (THC), which causes the "high" people feel after using marijuana.

THC, however, is just one of dozens of cannabinoids. Cannabidiol also binds to these receptors but does not produce a high. Proponents argue that cannabidiol oil has many health benefits, ranging from slowing the growth of cancer to improved mental health.

Does CBD produce a high?

CBD oil derived from hemp will not produce a "high." Hemp is a type of cannabis plant grown for industrial use, such as making paper and clothing. Unlike other cannabis plants, hemp has not been specially bred to produce high levels of THC.

Cannabidiol may be sold as a type of hemp oil with trace amounts of THC. So, someone using cannabidiol might still test positive for THC on a drug test, even though they will not experience any alterations of mental state after using the oil.